

S U M M E R 2 0 1 4

# The Ombudsman Outlet

USCG District 13



## Check Out!

The 2014 Blue Star Museum Season has kicked off. There are many great museums in the Seattle area offering free or discounted rates for military and their families. Go to <http://arts.gov/bsm/state/WA> to find out more.



It's hard to believe that summer's already here. In our household things have changed tremendously. We welcomed our first Grandchild in January. I am not shy about shouting out that she is a beauty and we are very proud. Life is ever changing. As we bring one new life in to our home, another will soon leave for college far away. This is a nomadic life we live in the Coast Guard. Our children find "home" where they have the most connections, and the greatest memories. We are about to learn about what it feels like to have a child leave this mobile nest of ours.

I am grateful that I have been able to establish friendships here that help me get through these challenges and changes. As an Ombudsman I am also thankful for the generous resources we have for our families to help in times of transition. When questions arise, some can be answered with a quick email or phone call and we are lucky to live in a world where information can be gathered quickly in most cases. If I can be of any assistance, please do not hesitate to contact me.

Enjoy the summer.

Amy Lee

[cgd13ombudsman@gmail.com](mailto:cgd13ombudsman@gmail.com)

206-643-6723

*As we begin summer in the Pacific Northwest, it is a season filled with anticipation and excitement for many of our District 13 shipmates and their families as they prepare to PCS. This time of transition is filled with days sorting and packing household goods, saying farewell to friends, and beginning preparations for life at the next duty station. As I look back over the past 27 years I have been a Coast Guard spouse and the plethora of moves (10), I realize I take a little bit of each locale and its people with me. My life has been enriched because of the experiences and friendships made at each duty station.*

*When our family of six (now down to four) has moved, we have been purposeful about getting involved in the community and finding a group of people we enjoy doing life with. Many times for us this has been other Coast Guard personnel (a friend of mine once said we form our own subculture!), church friends, and acquaintances formed through our children's activities and sports teams. We know we have to connect quickly with others in the community because we only have a few years until we get orders again!*

*Some of the biggest challenges I have had over the years involve finding rigorous academic schools (and making the transition from one school district to another) and locating affordable housing. As I am able to get out in the district and meet other spouses, I hear similar concerns from many of you. Frequently, there are no perfect solutions (how I wish there were!).*

*My life as a Coast Guard spouse has been much like many of yours...married to an active duty member who works long hours (or is deployed), days filled with car pools to soccer and band (or tennis, baseball, football-fill in the blank), and community activities. Juggling home, kids, church, volunteering, and an absentee spouse, I have found you have to have a sense of humor and not be too hard on yourself!*

*I want to encourage each of you, whether you are just receiving orders to District 13, have been stationed here for years, or are departing this summer, to enjoy the journey! Maintain a sense of adventure and remember the network of Coast Guard spouses who are here to support you.*

*Mrs. Bonnie Gromlich*



From you District Chaplain: Let's talk about Change for a minute

In the message from our Secretary of Homeland Security, announcing President Obama's intent to nominate a new Commandant of the Coast Guard, I was reminded of the many great, positive changes Admiral Papp has brought to our Coast Guard and to our nation as the 24<sup>th</sup> Commandant. Our leadership changes, and with those changes come the opportunities and the responsibilities for formative changes as we move ahead. As we prepare to receive a new Commandant I am expectant for the changes this will bring to our community.

By the very nature of our vocation we are a people rich in the experiences, the challenges and the satisfactions of change:

- In clock-work fashion there is a new set of PCS orders. A moving truck pulls up outside the house, strangers pack and load precious belongings as pets hide in terror and kids hide in the packing boxes. There will be change in residence, schools, friends and communities.
- The birth of a child fills a couple's lives and hearts with joy as they embrace this gift they have made. Yet with that infant comes a lot of changes, you parents know of what I speak! Diapers consume the dining out budget and a "good night's sleep" is measured in minutes rather than hours.
- A son or daughter goes off to college. A parent moves into assisted living. A favorite aunt passes into the arms of her Lord. There are changes in the dance of our families as children grow, people age and relationships shift.
- 21 years ago a retiring CAPT told a newly minted LT Chaplain, "someday you will be in this chair, if you last that long!" Today that chair feels a lot closer. Whether it is 3 or 30 years, we will separate or retire from our Coast Guard. It will be a change; it will touch our lives, our relationships and the ways we connect with the larger world. What we did or did not do will touch our community forever. What we will do is yet for us to decide.

Within the experiences of life's changes there are elements of loss and of gain. There are pieces which need to be grieved and pieces which must be held as the treasures they are.

As you experience change in your own lives; some normal, expected and anticipated, other's sudden, shocking, or painful, consider these points:

- Emotional, spiritual, physiological responses to change are normal and even healthy as we adjust to create new balance in our lives and environments. These feelings can and will moderate as we move through the initial impact of the change, and lean into the opportunities and invitations to build something new.
- Don't isolate! It is tempting when experiencing change to withdraw from people and environments to try to limit the flow of contact and experience. Remember your feeling reactions to change are normal, invite and welcome those who are sacred in your lives to hear and to hold those feelings as you begin to build a new balance.
- In the midst of most changes there are two tasks; one is to grieve what is no longer with us, and the other is to build upon what is new before us. These tasks are best worked in the partnership and the company of others, which includes your Coast Guard family. Even in change none of us are ever alone!

In closing I offer this prayer, by the 20<sup>th</sup> century theologian, Reinhold Niebuhr. Originally untitled, it has been given the name, "The Serenity Prayer:"

*God grant me the serenity to accept the things I cannot change;*

*Courage to change the things I can; and wisdom to know the difference.*

*Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace;*

*Taking, as He did, this sinful world as it is, not as I would have it;*

*Trusting that he will make all things right if I surrender to His Will;*

*That I may be reasonably happy in this life and supremely happy with Him, Forever in the next. Amen*

As always - blessings in your lives, your work and your relationships: Thank you for the service you give to our District, our Coast Guard and our nation. Remember that you are never alone, each of you are part of a very special community that is here for your care and support. Let me know how I might assist you and your family!

Sincerely,

CDR Michael Greenwalt, Chaplain

Office: (206) 271-6995 Cell: (206) 850-3426 E-mail: Michael.l.greenwalt@uscg.mil



## Experience V-Counseling - CG SUPRT's New Video Counseling Service

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**POSTED NOV 15, 2013**

V-Counseling allows you to have online counseling sessions at a time and location that is convenient for you- no travel necessary! By using a secure video/text chat, you can have a V-Counseling visit anywhere you have a computer with a webcam and Internet access -- from home, school, etc.

A CG SUPRT licensed counselor can help you with a variety of issues and concerns such as marital and family problems, work-related concerns, personal growth and development and career transition issues.

CG SUPRT counseling is goal-oriented and solution-focused. Those covered by the CG program are entitled to up to 12 sessions per issue, if needed.

If the counselor believes that you need specialized or longer-term counseling, you may be referred to another qualified professional. The important thing is that you, along with the counselor, discuss the options that are available to you.

V-Counseling services are available to USCG Active Duty members, civilian employees, members of the Selected Reserve and their family members. Services are free and confidential within the limits of the law.

To schedule your V-Counseling session today, call CG SUPRT at 855- CG- SUPRT (247-8778) and make a confidential request for a V-Counseling session that is convenient for you.

**Call Us:** 855-CGSUPRT

**TTY:** 855-444-8724



Whether you're new to the Puget Sound area or have been here a few years, the Coast Guard Family Association would like the chance to connect with you and your family this summer!

The CGFA is a group of spouses which serve any family member affiliated with the Coast Guard in the Puget Sound region. We provide support for each other, have fun and help bridge the gap for families who are miles from their loved ones.

This summer we have a number of exciting opportunities to connect with each other! On Saturday June 21<sup>st</sup> we will be heading into downtown Seattle to Ride the Ducks and tour the amazing region we live in! The tour will leave at 1pm and tickets are \$28.00. You can reserve your ticket by going to <http://bit.ly/1jkXKhQ> Hope to see you there!

Want to connect with us, but can't make the Duck Tour on June 21<sup>st</sup>, check out our monthly meet-ups within your community. Our board members are busy planning coffee dates, pizza lunches, park play dates and Ikea shopping trips right in your back yard! These events are always kid friendly and are designed to help you connect and feel a part of the Coast Guard Family here within the Seattle area. Information about various meet-ups will be posted on our PACNW Coast Guard Families Facebook Page as well as listed on our CGFA website: <http://cgfapugetsound.com/> or feel free to contact one of the meet-up coordinators below:

Kathy Toby (areas north of Seattle): [kattoby3@comcast.net](mailto:kattoby3@comcast.net), or (425) 231-7305

Paulette Fryar (areas south of Seattle): [paulettefryar@icloud.com](mailto:paulettefryar@icloud.com) or (360) 281-6179

Danielle Robertson (Seattle area): [dani1288@hotmail.com](mailto:dani1288@hotmail.com), or (203) 577-960

We are also busy planning Mom's Night Out events as well as our annual Welcome Aboard Tea and many other exciting opportunities during the summer! Also, make sure to stop by our booth at the annual Coast Guard Day Picnic and learn about all the CGFA has to offer!

Finally, the Coast Guard Family Association of Puget Sound is very excited to announce the grand opening of the CGFA Once Loved Goods Store on base in Seattle! We are currently accepting gently used furniture, kitchen supplies, clothing, baby items, toys, bikes and much more! Items will be sold at a low cost to Coast Guard Families and the money raised through the store will go directly back to Coast Guard families in need. The Once Loved Goods Store will be open on Fridays and Saturdays now through the end of the summer from 10am till 2pm for item drop off and purchases. The store is located on the second floor of building 7 on Base Seattle. Follow the signs for Once Loved Goods upon entering the building to find us!

We look forward to connecting with you and your family this summer! Please feel free to contact Erin Karlsgodt, CGFA President at [erinkarlsgodt@live.com](mailto:erinkarlsgodt@live.com) or email us at [cgfapugetsound@gmail.com](mailto:cgfapugetsound@gmail.com) if you have any questions.



# ANCHORS AWAY!

## SPRING CLEANING OR MOVING?



If you are going to donate, why not donate to the CGFA? The purpose of this is to help families find what they need and give you an opportunity to help our families.

The CGFA will be opening a store on base through the summer!  
Please bring your donation to Building 7.

### ITEMS WE ARE LOOKING FOR:

Furniture (i.e.: Dressers, bed frames, nighttables, tables and chairs (in good condition)  
Dishes,  
Kitchen goods,  
Baby items/clothes,  
Bikes (all sizes), toys, and more...

### ITEMS WE CAN'T ACCEPT:

Cribs	House Chemicals
Mattresses	Personal care
Large appliances	Fragrance Items
TV's	Building materials
Carpet/Padding	Recalled Items
Weapons	Recyclables

These items may be placed  
on our Facebook page  
'PACNW Once Loved Goods'.

HOURS: Fridays & Saturdays 10:00 - 14:00

MAY: 16, 23, 24

JUNE: 6, 7, 20, 21

JULY: 11, 12, 25, 26

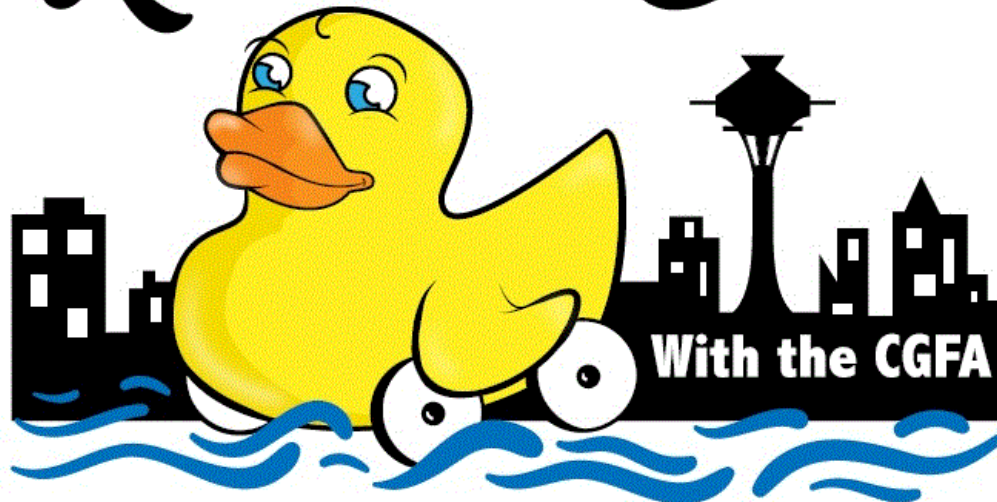
AUG: 8, 9, 22, 23

Please understand this is a great opportunity to help our families and we ask that everything donated is in good condition and working order

**For question please contact:**

**Erika Buxton 503.702.1102 Or Erin Karlsgodt 360.770.0441**

# *Ride the Duck*



**Let's explore Seattle with some quacking good fun!!! Join the CGFA on a Duck Tour!**

**Saturday, June 21st  
Duck departs at 1:00pm  
from Seattle Center Location**

## **PRICES**

**Adult: \$28 plus tax  
Child: \$17 plus tax (12 and younger)  
Baby: \$1 plus tax (two years and younger)  
Book online for discounted tickets! Save \$2 with Military ID!**

**Please arrive  
30 minutes in  
advance of your tour  
time to line up for  
boarding. All tickets are  
non-refundable and  
non-exchangeable.  
Advance purchase is  
strongly recommended.**

**Link to purchase:  
<http://bit.ly/1jkXKhQ>**

**For questions please contact Erin Karlsgodt [erinkarlsgodt@live.com](mailto:erinkarlsgodt@live.com) 360.770.0441**